



# University of Relationships

Author of the idea: Beata Potocka

## About the idea

People to whom the University of Relationships is addressed most often have their basic, medical or sanitary needs met – various services, institutions and their family are involved in satisfying them. However, these are not all the needs of older people. It is much more difficult to take care of the wider well-being, reducing the feeling of loneliness, meaninglessness and strengthening the feeling of being important and needed. Meanwhile, loneliness, isolation or stagnation can activate depressive states, take away the will to live and worsen overall health. University of Relationships aims to be a remedy for these problems.

The aim of the University of Relationships is to activate and include the elderly in the structures of their local community with the support of senior mentors. Organizations working for seniors, e.g. Universities of the Third Age, will act as intermediaries in the activities. The main activity of the University will be memory training for seniors, which will be conducted by mentors prepared for this. The idea is to involve active elderly people (e.g. participating in classes at the University of the Third Age), the target group (immobile elderly people who survived Nazi persecution) and the family of this group.

## Benefits of the idea

The memory trainings conducted at the University of Relationships will have a positive impact on the cognitive functions of participating seniors, but – simultaneously – they will also reduce their sense of loneliness, include them in the community and activate them.

*University of Relationships focuses primarily on two values that are very important to seniors – the first one is relationships. I have been working with seniors for over ten years. During many conversations, relationships are always indicated as the most important thing, the presence of another person is very often the most important thing in life. The second value is keeping a good mind, it is also a concern that echoes in all my conversations with seniors*

Beata Potocka

Do you want to know more about this idea? Go to the website:  
[www.inicjatorpomocy.pl/en](http://www.inicjatorpomocy.pl/en)

### **„Inicjator PoMocy”**

The „Inicjator PoMocy” competition (eng. „emPOWERment Initiator”) is part of the „PoMoc. Together, we can do more” implemented by the Shipyard Foundation on behalf of the EVZ Foundation (Remembrance, Responsibility and Future). In the competition, we were looking for innovative ideas aimed at improving the quality of life of Nazi persecution survivors.

### **The competition is funded by the EVZ (Remembrance, Responsibility and Future) Foundation.**

In remembrance of the victims of National Socialist injustice, EVZ Foundation works to promote human rights and understanding between peoples. The Foundation is thus an expression of the continuing political and moral responsibility of the German state, the private sector and society as a whole for Nazi injustice and towards the victims.

More at [www.stiftung-evz.de](http://www.stiftung-evz.de).

### **The organizer of the „emPOWERment Initiator” competition is the Shipyard Foundation.**

For over 10 years, we have been creating and supporting effective solutions to social problems, involving citizens in deciding on public matters as well as helping other organizations and institutions to better plan and conduct their social activities.

More at [www.stocznia.org.pl](http://www.stocznia.org.pl).